

Inadequate Vitamin or Mineral Supplementation (AK 49-USDA 424)

Explain to Participant	You're enrolled in the WIC program today because you/your child may need a vitamin or mineral supplement.	
Goal	The goal is to improve health with appropriate vitamin/mineral supplementation.	
Suggestions for Reducing Risk	<p>Follow the recommendations of your local medical provider or Public Health Nurses.</p> <p>Refer pregnant women to the local clinic to get a prenatal vitamin or an iron supplement. Pregnant women should take a daily supplement containing at least 30 milligrams of iron and 800 milligrams of folic acid. This can help to prevent birth defects and it can prevent low iron in the blood.</p> <p>Some infants and children need a fluoride supplement if there is no fluoride added to the community's drinking water. Fluoride will help the infant's/child's teeth to become stronger and they will get fewer cavities. Sometimes children with low blood iron (anemia) need an iron supplement. Refer infants and children to the local clinic for fluoride supplements. At this time, there is discussion about giving fully breastfed infants a supplement of Vitamin D. The breastfeeding woman should discuss this with her infant's pediatrician or medical provider (Spring 2002).</p> <p>Women, infants or children with food allergies may need supplements and they should be referred to a dietitian.</p>	
Nutrition Education Material Suggested		
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information	<i>Nutrition During Pregnancy, Vol. I & II</i> , National Academy Press	